Using Project ECHO to Increase Access to Specialty Care: Strategies for States and Lessons Learned from Oklahoma

Presented by ASTHO as part of the CDC-funded project “Providing Public Health Subject Matter Expertise to State Innovation Model Initiative – State Health Departments.”

Participant call-in number: (866) 740-1260; Required conference ID: 3185493#
Objectives of the call:

• Learn about how Project ECHO has been used in different states to enhance specialty care for rural and underserved communities.
• Describe policies and funding mechanisms needed to implement and sustain Project ECHO at the state level.
• Describe how Oklahoma State University is using Project ECHO and lessons learned from those activities.
Speakers

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Speakers

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PROJECT ECHO

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For ASTHO’s CDC-Funded project “Funding Public Health Subject Matter Expertise to State Innovation Model Initiative – State Health Departments”
DISCLAIMERS

• Any information provided in today’s talk is not to be regarded as legal advice. Today’s talk is purely for informational purposes.

• Always consult with legal counsel.

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CCHP is an independent, public interest organization that strives to advance state and national telehealth policies that promote better systems of care improved health outcomes and provide greater health equity of access to quality, affordable care and services.
TELEHEALTH STATE-BY-STATE POLICIES, LAWS & REGULATIONS

The Center for Connected Health Policy helps you stay informed about telehealth-related laws, regulations, and Medicaid programs. We cover current and pending rules and regulations for the U.S. and all fifty states.

Current Laws, Regulations, Pending Bills State & Federal

Interactive Policy Map
Live Video
Patient & provider interact in real time. Variety of high-speed digital telecommunications. Outpatient or inpatient specialty consultation. Most commonly used.

Store-and-Forward
Not in real-time. Often low bandwidth, still images, can store video clips. Best used in dermatology, ophthalmology, pathology, and radiology. Exploring new avenues, such as psychiatry.

Remote Patient Monitoring
Hospital emergency departments, intensive care units, and skilled nursing facilities. At-home management of patients with chronic conditions. Keeping people healthy and at home. May or may not be in real-time.
TELEHEALTH GOES BEYOND JUST PROVIDING HEALTH CARE SERVICES
PROJECT ECHO

• Extension for Community Healthcare Outcomes (ECHO)
• Began in New Mexico, first focus Hep C
• Dr. Sanjeev Arora, Univ of NW School of Medicine, creator
• Puts specialists in touch with local providers
• Today 110 hubs for more than 55 diseases/conditions in more than 21 countries
PROJECT ECHO

- Chronic Pain/Opioid Management
- Cardiology
- Endocrinology
- AIDS
- Dementia
- Palliative Care
- Psychiatry
PROJECT ECHO

Doing More for More Patients

PATIENTS
- Right Care
- Right Place
- Right Time

PROVIDERS
- Acquire New Knowledge
- Treat More Patients
- Build Community of Practice

COMMUNITY
- Reduce Disparities
- Retain Providers
- Keep Patients Local

SYSTEM
- Increase Access
- Improve Quality
- Reduce Cost

University of Kansas, Medical Center
EXAMPLES OF ECHO PROJECTS

• ECHO AGE – Beth Israel (Harvard) uses telehealth to connect experts to clinicians in nursing homes and other community based sites to improve care for elderly patients suffering from dementia. http://www.bidmc.org/Centers-and-Departments/Departments/Medicine/Divisions/Gerontology/Quality-Improvement-Initiatives/Project-ECHO/ECHO-AGE.aspx

• ECHO Autism – Thompson Center for Autism and Neurodevelopment Disorders, Univ of MO. https://thompsoncenter.missouri.edu/autism-training/echo-autism/
FEDERAL ECHO PROJECTS

- Health Resources and Services Administration (HRSA)
  - ECHO used to address autism, epilepsy, opiate use disorder & Hep B
- Center for Disease Control (CDC)
  - For Hep C; Goode Health & Wellness in Indian Country & HIV
- Agency for Healthcare Research and Quality (AHRQ)
  - Hep C pilots
- US Mexico Border Health Commission
  - Used ECHO to create a TB TeleECHO clinic for US and Mexico states along border to discuss bi-national TB cases
- Federal bill related to ECHO was signed into law late last year – S 2873 which would require the Secretary of HHS to study it and examine the impact on mental and substance use disorders and chronic diseases, impact on provider capacity and workforce issues and the delivery of care in rural and medically underserved areas.
STATE ECHO LEGISLATION

• Missouri passed in 2014 SB 754
  – Small ECHO mention that requires University of Missouri to manage an ECHO program that focuses on treating chronic, common and complex diseases in rural and underserved areas. 2015 MO Telehealth Network received $1.5 million

• New Mexico Managed Care Organization (MCO)
  – Shall participate in Project ECHO
  – Must identify members with high costs and high needs that would benefit
  – Must identify its PCPs who serve high needs, high costs members to participate
  – Assist Project ECHO with engaging the MCO’s PCPS
  – Reimburse primary care clinics for participating in Project ECHO
  – Reimburse “intensivist” teams
  – Track outcomes
  – Provide data
  – Appoint a central liaison
THANK YOU!

ASTHO and CCHP are providing this technical assistance through support from ASTHO as part of its CDC-funded project “Providing Public Health Subject Matter Expertise to State Innovation Model Initiative – State Health Departments.”
HEALTHCARE INNOVATION IN GUIDED PRACTICE

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Chief Medical Officer, Project ECHO
DISCLOSURE

- I have no financial interests in Project ECHO
- Employment for Oklahoma State University Center for Health Sciences
- No off labels will be recommended
- All recommendations are Evidence Based
The Congress has stated that a “major national goal of the United States is to provide the resources, processes, and structure that will enable rural communities and tribal members to obtain the quantity and quality of healthcare services and opportunities that will eradicate the health disparities between these communities and the general population of the United States.”

Source: The 2016 Indian Health Service and Tribal Health Care Facilities’ Needs Assessment Report to Congress
Meaningful access to care would ensure that rural Americans get to “the right provider, at the right time, at the right place”

Rural Americans/Tribal Nations born today have a life expectancy that is 4.5 years less than the U.S. all races population.

Higher rates for - chronic alcoholism, obesity, exposure to Hepatitis C, diabetes mellitus, unintentional injuries, assault/homicide, intentional self-harm/suicide, and chronic lower respiratory diseases.
Timming: Patient seeks care at earliest possible time before symptoms worsen.

Access: The Right Providers, the Right Time and the Right Place
Mental and Behavior Health
Substance Abuse
Specialty Care

Due to the long distances and difficult travel, many of these services have been UNAVAILABLE
VIDEO
**IHS/RURAL HEALTHCARE NEEDS**

- OSU's College of Osteopathic Medicine - Center for Rural Health oversees the rural rotations of our third and fourth year medical students – increasing practice opportunities.

- Once trained and in practice, doctors need support. The Center funds programs aimed at providing Oklahoma’s rural practitioners, hospitals, and clinics the support necessary to ensure access to quality healthcare for our state’s rural residents.

- Many of these services are free and provide important information not readily available to most rural communities.
IHS/RURAL COMMUNITY NEEDS ASSESSMENT

- Lack of access to specialists – lack of primary care
- Mental health disorders – few psychiatrist in urban areas
- Childhood and adult obesity
- Transportation
- Housing
- Crime – drug use

**Tele-Education Applications**

- **Bloom’s Taxonomy**
  - Educational psychology
  - Performs higher levels of learning
- **Three Areas of Learning**
  - Cognitive: mental skills (knowledge)
  - Affective: grow in feelings/emotional (attitude)
  - Psychomotor: manual or physical skill set

TELE-SIMULATION: DEBRIEFING

- How can we use videoconferencing to debrief learners at remote rural sites – *learning is enhanced at the debriefing*
- Increases access to specialists in remote sites to increase cognitive skills
- Creates a mutually beneficial specialist: point of access to care relationship
OSU CHS Project ECHO
Impact on Healthcare
Changing the World-FAST

Extension for Community Healthcare Outcomes
A novel method that utilizes telecommunication and cognitive simulation resources for the education, training and/or assessment of learners at an off-site location thru the use of guided practice.
COLLECTIVE SUMMARY REQUIREMENTS

- Identification of local issues – ECHO developed

- Increased Healthcare Outcomes
- Decreased time to treatment
- Rural Access to Specialists

Training
Access to any needing specialty knowledge
Revolutionizes medical education
Exponentially increases workforce capacity
Provides best-practice specialty care
Reduces health disparities
SPECIALTY TEAMS
UP TO 150 PARTICIPATING SITES THRU ZOOM
Primary care physicians (PCPs) and other clinicians can learn to provide excellent specialty care
- Guided practice thru teleECHO session
- Project ECHO (Extension for Community Healthcare Outcomes) model increases patient care
- Clinicians attend teleECHO™ clinic sessions to build a community of practice, learning, and support
- This approach saves time, adds convenience and improves treatment adherence for patients
ACCESS ANYWHERE WITH AS LITTLE AS A CELL PHONE
By participating in the OSU-CHS TeleECHO Clinics, primary care providers:

- Obtain knowledge from specialists
- Obtain CME credit for participation
- Advance knowledge to improve patient care
- Engage with an expert team and collaborate with the ECHO community – utilize a guided practice model
- Be able to provide specialty care in your own communities instead of referring long distances for specialized care
On Nov. 29, 2016 the U.S. Senate unanimously passed the bipartisan Expanding Capacity for Health Outcomes (ECHO) Act by a vote of 97-0. The House of Representatives passed the bill on Dec. 6, sending it to the President to be signed into law. The ECHO Act will increase access to specialized healthcare in rural and underserved areas nationally.
OTHER POTENTIAL ECHO

- Correctional Medicine
- Women’s Health and High Risk Pregnancy
- Endocrine Disorders, Diabetes
- Osteoporosis Management
- Healthcare Administration
- Cardiology
- Collaboration / Research
QUESTIONS

- www.echo.okstate.edu

- We invite providers to join
- Invites obtained web access
Q&A

If you have a question, you may type it into the chat box now or press the phone commands to have the operator unmute your line.

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Thank you for joining us!

Please complete our webinar evaluation survey: 
http://astho.az1.qualtrics.com/jfe/form/SV_00MGW4hi069k6u9

Visit ASTHO’s website for additional resources: 
http://www.astho.org/Programs/Health-Systems-Transformation/

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